

Midwest Conference Cross Championships

Lindsey Wilson College

**SATURDAY AND SUNDAY NOVEMBER 22nd
AND 23rd**



Schedule: CST

(You must have an NCCA license in order to score points for your team)

Length:

A Race 55 mins + 2 laps

B Race 40 mins + 2 laps

The Races:

Saturday and Sunday's races will be located at Lindsey Wilson. The race will loop around several buildings and have a hard climb around the soccer field. The race loop will be similar with changes for each day.

Registration: USCF, NORBA, or NCCA licenses will be required. You will be able to purchase a one day license.

Entry Fees \$12.

Course is located on the Lindsey Wilson Campus and similar to years past will contain step run ups and barriers.

Schedule:

Saturday

11:00 am- Registration Opens
12:00 am- Men's B and Women race 30 min
1:00 pm- Mens A race 45 minutes

Sunday:

9:00 am-Registration Opens
10:00 am- Mens B race and Womens Race 30 min
11:00 am- Mens A race 45 minutes

Directions: From Louisville: Take I-65 south to exit 91 follow south to 210 (follow posted signs for Campbellsville and Columbia) 210 turns into 55 south stay on 55 south past Campbellsville. Go through Campbellsville on 55 to Columbia follow the signs to Lindsey Wilson College. Lindsey Wilson will be on the left side as you enter Columbia.

From Lexington: Take the Bluegrass Parkway west to 55 (Exit 34). Follow 55 through Springfield, Lebanon, and Campbellsville. Go through Campbellsville on 55 to Columbia follow the signs to Lindsey Wilson College. Lindsey Wilson will be on the left side as you enter Columbia.

Lodging:

Best Western Columbia Inn 270-384-9744
Dreamland Motel 270-384-2131

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